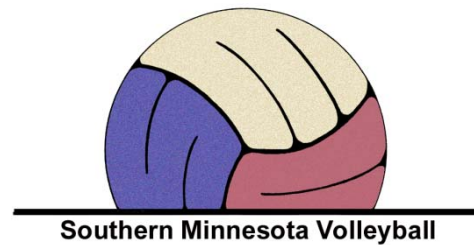


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PROGRAMS

Volleytots

Kindergarten through 3rd grade boys & girls will receive motor learning instruction related to the sport of volleyball through fun and healthy skill development activities. This program meets 2 times a week for 1 hour.

Mini-Ball

4th-6th grade boys & girls can learn the skills of Volleyball in a FUN environment with age-appropriate equipment, & simplified rules. This program meets 2 times a week for 1 ½ hours.

Fall 7th & 8th Grade Teams

This program is for the 7th -8th grade female athlete looking to learn about the game of volleyball and to prepare for high school competition. Players will meet 3-4 nights a week to practice and compete against other school teams from the area.

Southern Minnesota Volleyball – USAV Juniors program

During the winter months athletes can continue their training in volleyball in the Junior program. Tryouts for this program are held soon after the High School State Volleyball Tournament. This is a program for the volleyball player that really wants to expand their knowledge of the game. Prior volleyball experience is recommended. Players in this program are expected to have a very strong commitment to the game of volleyball.

Camps & Clinics

Area College & High School coaches conduct camps during the summer months for the RYVA. These camps are open to boys and girls entering 3rd-8th grade. These camps are a great chance to learn, practice, and expand your volleyball skills in the summer months. Players will get lots of repetitions to practice their basic skills, and time to play some games. Clinics are also offered in the fall before the junior season tryouts and periodically throughout the season.

Coaches Needed

RYVA is always taking names for coaches. We have programs for all levels of players and need coaches. Some programs have paid positions while others take volunteers. If you are interested please contact us. We are always happy to train in new coaches!

www.rochesteryouthvolleyball.org

(507) 328-5201

FALL 2009-SPRING 2010

TENTATIVE SCHEDULES

Program	Dates	Grade	Times (approximate)
Fall 7 th & 8 th Grade Teams	Mon, Tues, Thurs. & some Sat. August 17 th -October 13 th	7 th -8 th	4-6pm or 6- 8pm
Fall Youth Clinics	Sundays Sept. 20 th - Oct. 11 th	4 th -6 th	4:30-6pm
Pre-Season Skills Clinics On-line registration opens in September	Sundays Nov. 1 st – Nov. 15 th	7 th -12 th	4:30-6pm
Volleytots	Tue. & Thur. Oct 20 th -Dec. 3 rd	K-3	6-7pm
SMV Tryouts On-line registration opens in September	November 21 st	5 th -12 th	TBD
SMV Season	Dec – April, May, or June	5 th -12 th	Varies
Volleytots	Mon. & Wed. April 12 th – May 26 th	K-3 rd	5:30-6:30pm
Mini-Ball	Mon. & Wed. April 12 th – May 26 th	4 th -6 th	6:30-8pm